



NOTES *from* HOME

The Boston Home | Spring 2005

Right at Home

Our Mission in Action

Every day, we at The Boston Home “seek to make a compelling difference” in the lives of our residents. Indeed, we are guided by the language in our mission statement (see end of this column) as we strive to give greater meaning to the lives of adults with MS and other progressive neurological conditions...those living inside *and* outside our campus. More than ever, we believe that we can serve as a leader and catalyst for change.

In keeping with our mission and today’s healthcare environment, we also believe that it is time to *expand* our services to adults living in the community, reaching out in creative ways to bring our standard of care to more people who need our expertise.

To meet this challenge, our Strategic Planning Committee has charted a course for the next three to five years. Thanks to Trustee Co-Chairs **Debra Frankel** and **Kevin Smith** for weaving together priorities, opportunities, and strategies. Our commitment is as follows:

- Continue to bring unparalleled residential, skilled nursing services to our residents.
- Expand a network of community outreach services through our *Bridges* care management program.
- Become a research and training institute that will inform others nationwide.

In the future, we will share our progress as all of the initiatives listed above unfold. In this edition of our newsletter, we will focus on our outreach initiative, which is consistent

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TBH Launches Strategic Plan A Community Without Walls

“Jim” was diagnosed with MS five years ago. He had to quit his job as a college professor and now spends most of the day alone in his bedroom. His wife and children provide most of his care but are unable to engage him in life outside the home.

“Beyond the walls of The Boston Home, there are many such ‘Jims,’ and we will seek to reach them.” So says TBH Board President **Holly Burnes**: “Our Strategic Planning Committee has taken a hard look at this underserved population and has determined that part of our mission is to extend our services to people like Jim.”

Ultimately, Burnes says, we need to build a “community without walls” and find the resources for people in the community to attend health and rehabilitation services at our Home during the day.

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Resident James Mastrullo receives physical rehab services from Thomas Plante, our new Rehab Program Manager. Through our new outreach efforts, we hope to provide this kind of service to people living in the community.

Serotkin Named to Top Post at MECF Quality and Access Are Main Goals

The Massachusetts Extended Care Federation (MECF) in Newton, the state’s largest long-term care provider association, has elected **Marva Serotkin**, CEO of The Boston Home, as its 2005 Chairman. In her new role, Serotkin will lead initiatives focusing on quality and access to long-term care as well as cultural diversity and workforce development.

“The leadership of MECF is more important than ever as we strive to exceed expectations for quality and service, and also inform the public about the vital role of nursing homes in the continuum of care,” said Serotkin.

“Marva brings a long record of accomplishments in the healthcare arena as she will lead MECF in broadening the understanding of long-term care, strengthening quality, and securing fairer funding for nursing facilities and the residents they serve,” said Abraham Morse, MECF President.

Morse recognized Serotkin for her longstanding commitment to quality, as demonstrated by

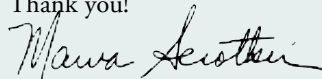
(Continued on page 5)

with the Commonwealth's direction in long-term care and with my new role at the state's largest long-term care provider association (Mass. Extended Care Federation).

I was recently honored to be elected MECF Chair of The Board. MECF (www.mecf.org) has launched an ambitious agenda that dovetails with our own. I look forward to helping the Federation realize its plan to ensure that all residents in the Commonwealth have access to quality, long-term care based on need and choice.

A discussion about long-term care must include the role of public policy. The Governor's budget freeze on reimbursement to all nursing facilities and the elimination of vital funding to TBH is truly disheartening. In fact, it threatens all of our efforts to improve quality and service. *In response, we need a strong and unified voice to advocate for our cause and ensure our funding.* Please email me at mserotkin@thebostonhome.org to add your voice and indicate your support.

Thank you!



Marva Serotkin
CEO

TBH Mission Statement

We seek to make a compelling difference in the lives of adults with multiple sclerosis and other progressive neurological conditions. Through our core residential facility, we develop and deliver innovative, state-of-the-art services for our residents, convinced, as were our founders, that people with physical disabilities can lead creative and purposeful lives. We seek to continuously expand our role as a leader and catalyst for change, conducting research and training, extending our competencies to others in the healthcare community, and adding a strong voice to public policy debate.

WORDS ON WHEELS



Linda Stranieri poses with the artwork that inspired this issue's "Words on Wheels."

The "Mandala"

How many of you have overlooked something that is right in our lobby hallway? Have you overlooked the Mandala? Anything that has to do with the cosmos intrigues me. The earth has something to do with the cosmos also. I think that Mandalas are connected to life forces. I got drawn in to the Mandala and wanted to find out more about it. Our Mandala talks about the connection of The Boston Home to the community at large, to the world. It describes a connection to the world and the cosmos. I challenge you as a group to look at it for yourself. Go to see it and read it! Your actions will be a positive endeavor.

—Linda Stranieri, Resident

Note: The Mandala, an original work of art by Janis Luedke, will be displayed at the Women and Design exhibit at Northeastern University, April 8-30. "Mandala" is Sanskrit for circle, community, connection. It is an apt metaphor for The Boston Home.

We Are the Champions

A Salute to the Guys Who Volunteer at Our Home

At The Boston Home, we're always looking for volunteers who can help make a difference. We're fortunate to have a group of loyal women who share their skills and interests with our residents. But what about the guys?

The men who volunteer at TBH are a varied group: Two gentlemen (**Daniel Giacomozzi** and **Tom Peters**) meet with residents one-on-one. Two others (**Jack Stuart** and **Carl Saldinger**) look forward to playing bridge with the residents every week. **Bob Hoy** and **Herb Pembroke** volunteer at the

"Men's Discussion Group" (which incidentally now has more women attending than men!). Herb, 86, a retired accountant from Milton, has come to TBH for five years, each time prepared to talk about a different topic.



Herb Pembroke

Additional volunteers include **Mark Sturgeon**, a frequent contributor at the "Coffee and News Hour."

Why do these and other members of the community—all ages and genders—volunteer at TBH? As Herb says, "It's a very worthwhile cause, I can set aside the time, and it has proven to be tremendously rewarding!"

Interested in joining our "champions?" Call **Sally Gorman** at 617-326-4298.

(See related story on page 5.)



Daniel Giacomozzi buddies up with resident Claudia Badgett.

Photo Gallery

Brassy, Sassy Blast at TBH

It was a classic, rollicking time at TBH when the classically trained Synergy Quintet Brass Ensemble energized residents, family, and friends. The group's repertoire featured arrangements including a collection of classical, rock, and Dixieland jazz. An encore of a Dixieland number brought the house down.

"They are so exciting...bring them back soon!" exclaimed resident Claudia Badgett.

On that note, we look forward to the Quintet's next visit to The Boston Home in the summer, when we plan to bring their melodious tunes to our garden.



Quintet musicians Chris O'Hara (trumpet), Jon Hurrell (French Horn), Bob Thorp (trumpet), and Mark Broschinsky (trombone) get down with residents at a recent concert at TBH.

ALL IN THE FAMILY

Long for the Tooth

We at TBH are proud of our recent perfect score from the Department of Public Health for quality, but we are always looking to improve. One of our newest focuses is oral hygiene. **A request: If you are planning to bring a gift to a family member or friend, please consider an electric toothbrush.**

Extra, Extra!

The *Wall Street Journal* recently featured an article about alternative therapies that included a description of our Spirituality and Wellness Program! To see the piece, log on www.thebostonhome.org.

Holiday Party



Back when it was a little colder, residents Donna Corbett (left) and Carmel Nason (right) joined with family and friends to celebrate the holidays.

Spot Light ON STAFF

Kudos to Our Employee of the Year: Mary Bottary!

The tradition of caring at TBH is exemplified by our Employee of the Year, **Mary Bottary**. Mary has been a Senior CNA for 28 years. She followed her mother, Mary LaBlanc, who retired from our Home years ago.

“Some people think that nursing assistants perform pretty basic tasks,” says **Duncan Morrison**, who lives on our second floor, where Mary works the 3-11 p.m. shift. “There’s a

whole lot more to it than that. You have to care. And Mary *really* cares.”

“It is very gratifying to be able to deliver state-of-the-art services for our residents,” says Mary, who grew up in the Neponset area. “We can really help improve their quality of life.”

According to **Cindy Walsh**, Director of Clinical Services, “It’s hard to overstate the importance of CNAs to our residents, and Mary is a fine example. CNAs are an extension of the residents, who rely on them for assistance in all activities of daily living. They do what residents can’t do for themselves.”

Cindy adds, “If you are dependent on your CNAs, they can do things *to* you or do things *for* you. But at TBH, CNAs form partnerships and do things *with* the residents.”

Mary joins a team of dedicated CNAs and RNs at TBH who echo her sentiments about working here. **Joan Lynch**, an RN who recently came on board at TBH after working at another healthcare facility, says, “Nurses who work here are so fortunate to have so many great CNAs to help serve the residents.”

“You’ll know you’ll have a good day when Mary is your aide. She makes life more enjoyable, and I have no worries when she’s around.”

—Duncan Morrison

“I came here and fell in love with the place. So I stayed!”

—Mary Bottary



Mary Bottary lights up when she helps Duncan Morrison and other residents.

Plante and Cosom Assume Key Roles In Rehabilitation and Plant Operations

Congrats to **Thomas Plante**, who joins TBH as Rehabilitation Program Manager, and **Larry Cosom**, who was promoted to Director of Plant Operations.

Tom, who previously served as a Senior Therapist at Northeast Rehabilitation Hospital, has a degree in Physical Therapy from Northeastern University. At TBH, he works to promote the independence of residents in all areas of their lives: communication, personal comfort, creativity, recreation, mobility, and access.

Larry, who received a Facilities Management Certification from Northeastern University, previously served as Maintenance Supervisor at TBH for more than 13 years. His position is one of the main building blocks in the overall structure at The Boston Home, and he is indicative of the longevity and career advancement of many of our employees.



Thomas Plante

Larry Cosom



Volunteer Bob Hoy and his son Tim, a resident at TBH

Enrich Your Life and the Lives of Others: Volunteer at The Boston Home!

Tired of the same routine? Would you like to make new friends? As a volunteer, you can enrich your life *and* the lives of people who need your help. The Boston Home residents look forward to meeting you.

We are committed to developing opportunities in which volunteers can really get involved. No matter what your schedule and interests—gardening, computers, arts and crafts, etc.—you can make a difference. So, if you're tired of the same old routine, add a little variety to your life and volunteer.

For more information, contact **Sally Gorman** at (617) 825-3905, ext. 299.



Art celebrates life during "The Crafts Group," one of the volunteer activities at TBH.

Strategic Plan (Continued from page 1)

Be Ready for B.Home!

We have a good sense about community needs through our ongoing Bridges care management program. Now, we are excited to announce plans to develop a new outreach program called **B.Home!** as an extension of Bridges. The program, directed to individuals with MS and related conditions, aims to decrease social isolation and caregiver stress.

The need for B.Home! was reinforced by feedback from individuals who have sought consultation from Bridges, as well as testimony of leaders from the local chapter of the National Multiple Sclerosis Society. The model for B.Home! is based on elements of programs in other parts of the country.

"There is a clear lack of appropriate services for people in the community and residents of other nursing homes," says **Debra Frankel**, TBH Board Member and Co-Chair of the Strategic Planning Committee.

The B.Home! plan includes day health and outpatient services, respite support, and volunteer visitors.

"We at TBH have an inspired vision, but turning our plans into reality requires the



Resident Joyce LaVoie receives physical rehab services from Eileen Grealish, a rehab aide at TBH.

Serotkin/MECF (Continued from page 1)

the many honors The Boston Home has received.

"It is fortuitous that Marva has assumed this leadership role at MECF at the same time that TBH is launching its strategic initiatives," said **Holly Burnes**, President of TBH's Board of Trustees. "Both organizations have common and ambitious agendas."

Serotkin's diverse healthcare management

combined efforts of many citizens and government agencies," says Serotkin. "We have started discussions at the State level and have held meetings with potential partners. We will announce the launching of approved programs as funding becomes available."

Our fund raising, under the direction of Community Development Director **Florence Rawls**, is gearing up for a major drive to attract funds from a variety of sources.

"We are relying on community support to ensure that the vision articulated by our committee will become a reality," says **Kevin Smith**, Board Member and Co-Chair of the Strategic Planning Committee.

Thanks for Your Continued Support!

This is a time of great challenges—and opportunities—for those who care about our residents at TBH and people beyond our campus who need our help. We are grateful to all of you who have supported us so generously in the past. With your help, we can continue to enrich the lives of our residents through programs and services that are not covered by Medicaid and Medicare.

To support our new initiatives and to address shortfalls in state funding, we have enclosed an envelope for donations. You can also download this on www.thebostonhome.org.

For more information, please contact **Florence Rawls** at 617-326-4310 or frawls@thebostonhome.org.

Thank you!

experience includes leadership roles in hospitals, nursing facilities, and home health. Prior to becoming CEO of TBH seven years ago, she was the CEO of the Lemuel Shattuck Hospital in Boston and President of the CURA Visiting Nurse Association in Plymouth. She has also held numerous volunteer leadership posts, most recently being named President-elect of the Codman Square Health Center.

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Human Resources

Happenings at Home

Save these dates:

Tuesday, May 17th: Jonathan Katz

TV and Hollywood personality/comedian Jonathan Katz, who happens to have MS, will entertain residents and families.

Sunday, June 5th: Dorchester Day Parade

March with us or watch this festive annual event on Dorchester Avenue starting at 1 p.m. Residents, staff, and friends will participate.

Sunday, June 26th: Arts at Home

Join in this fun and uplifting 2nd Annual Arts at Home community art exhibit and sale. Beautiful works of art will be displayed on the grounds of TBH. Proceeds will help to expand our Entertainment and Outings program for our residents.



In Step at TBH. Girl Scouts from St. Brendan's, aka "The Boston Home Buddies," visit with residents every month.

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The standard for care of adults with MS
and related neurological diseases



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